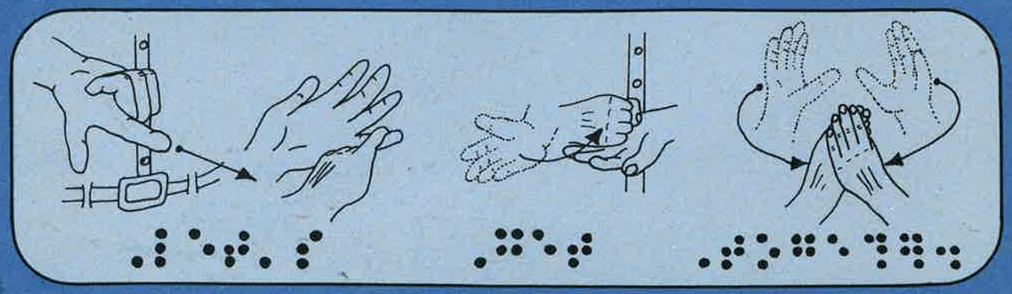
LET'S GET TOGETHER

Songbook
Volume 1



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Introduction

The fight for access and freedom has emerged from people with disabilities, our families, friends, and advocates. This is a new wave in the age-old struggle for basic human rights and social justice. Improvements in the lives of so many will come only as we break the cycles of isolation, desperation, despondency, enforced dependency, poverty, ignorance, and institutionalisation.

The **LET'S GET TOGETHER SONGBOOK, VOLUME I,** is joyful, painful, thoughtful, angry, and full of hope. We trust that many will find strength, encouragement, insight, and energy through helping ourselves and each other towards honesty, truth, respect, understanding, achievement, independent living, and dignity.

SO----

READ...SING...DANCE...LAUGH...

CLAP YOUR HANDS...WHISTLE...

PULL OUT YOUR GUITAR...

SIT AT YOUR PIANO...

GET TOGETHER WITH YOUR FRIENDS...

HARMONIZE...

IMPROVISE...

RELEASE CREATIVE ENERGY...

WRITE YOUR OWN...

ENCOURAGE OTHERS...

JUST ENJOY YOURSELF...

COMMUNICATE AND SHARE...

LET'S GET TOGETHER---IN SPITE OF IT ALL ---

and sing the SONG OF LIFE!!!

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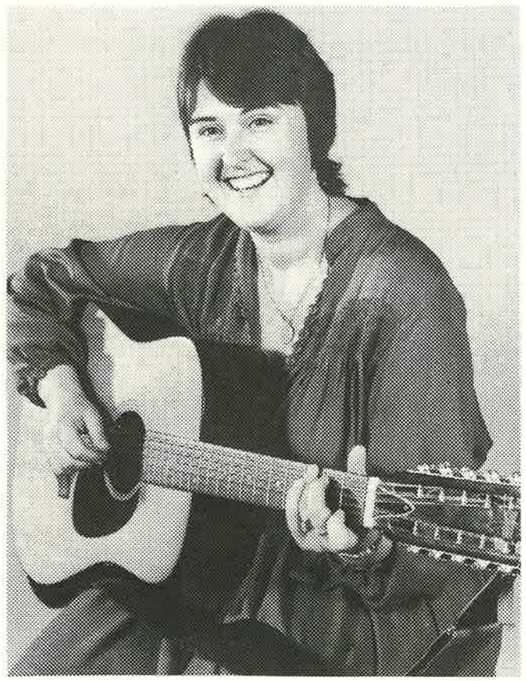
Photo courtesy West Australian Newspapers Ltd

Biography

ELAINE KOLB is a 32 year old Fulbright scholar and wandering minstrel from the USA. She arrived in Australia in September 1980 to research community-based services, self help, and advocacy during the International Year of Disabled Persons (IYDP). With help from the Australian-American Educational Foundation and the Australian Council for Rehabilitation of Disabled (ACROD), she has visited and performed in every state.

Originally from Johnson City, New York, Elaine completed a BA in urban studies at Buffalo. She moved to Atlanta, Georgia, in 1971, where she continued active concern about racism, sexism, poverty, and the rights of prisoners. She began writing songs, playing guitar, learning craft skills, and working as an offset pressperson.

In September 1977, Elaine was stabbed in the back by a mugger on the street, resulting in a spinal cord injury. Now she walks with a caliper and a crutch. In the meantime, Elaine completed an MS in human resources from Georgia State University and was awarded a Fulbright Scholarship to Australia.

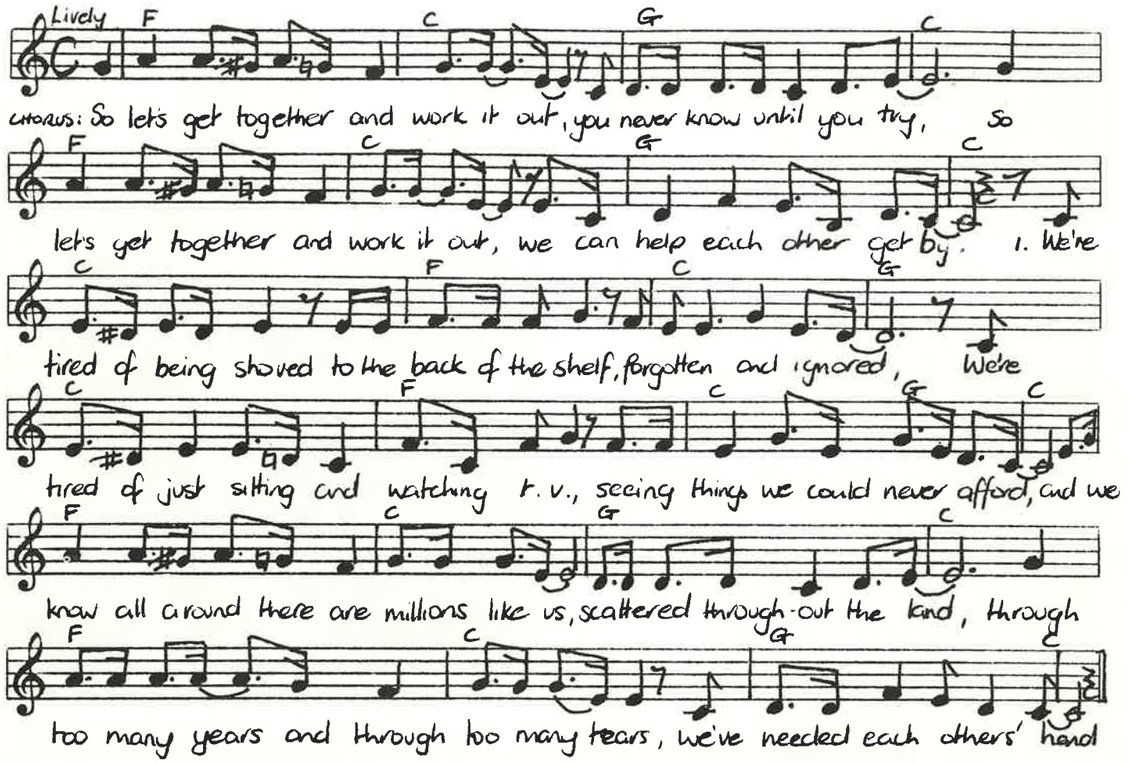


LEE CLAYTON is a 29 year old Australian who was born and raised in Sydney. Music has been an important part of her life, through playing piano and guitar and singing. She has done a secretarial course and 2 years of nursing training and is now completing a welfare certificate course at Blacktown, where she is a resident.

As a single mother, with a 4 year old daughter named Amorelita, Lee is concerned about the rights of lone parents. Presently, she is working with intellectually handicapped people through a special school and a South Sydney social group. Lee is publicity officer for Blacktown IYDP and a resource person for the Community Activity Centres Network. Her interest in people with disabilities has grown from her own time spent in institutions when she suffered a nervous breakdown 10 years ago.

"Attitudes are some of the greatest barriers we have in society. We, as caring, sharing people in the community, should strive to break down those barriers."

LET'S GET TOGETHER


Lively
F
C
G
C
chorus: So let's get together and work it out, you never know until you try, So
let's get together and work it out, we can help each other get by. 1. We're
tired of being shoved to the back of the shelf, forgotten and ignored, We're
tired of just sitting and watching t.v., seeing things we could never afford, and we
know all around there are millions like us, scattered through-out the land, through
too many years and through too many tears, we've needed each others' hand

CHORUS

2. SOME CAN'T WALK AND SOME CAN'T TALK
AND SOME CAN'T HEAR OR SEE
WHATEVER OTHER PROBLEMS SOME OF US HAVE
A BIG ONE IS SOCIETY
'CAUSE IT TEACHES YOU TO CONCENTRATE
ON WHAT IS LOST
AND NOT WHAT WE STILL CAN DO
WHEN THEY TANGLE YOU UP IN LOTS OF RED TAPE
YOU COULD USE SOME HELP TO CUT YOUR WAY THROUGH.

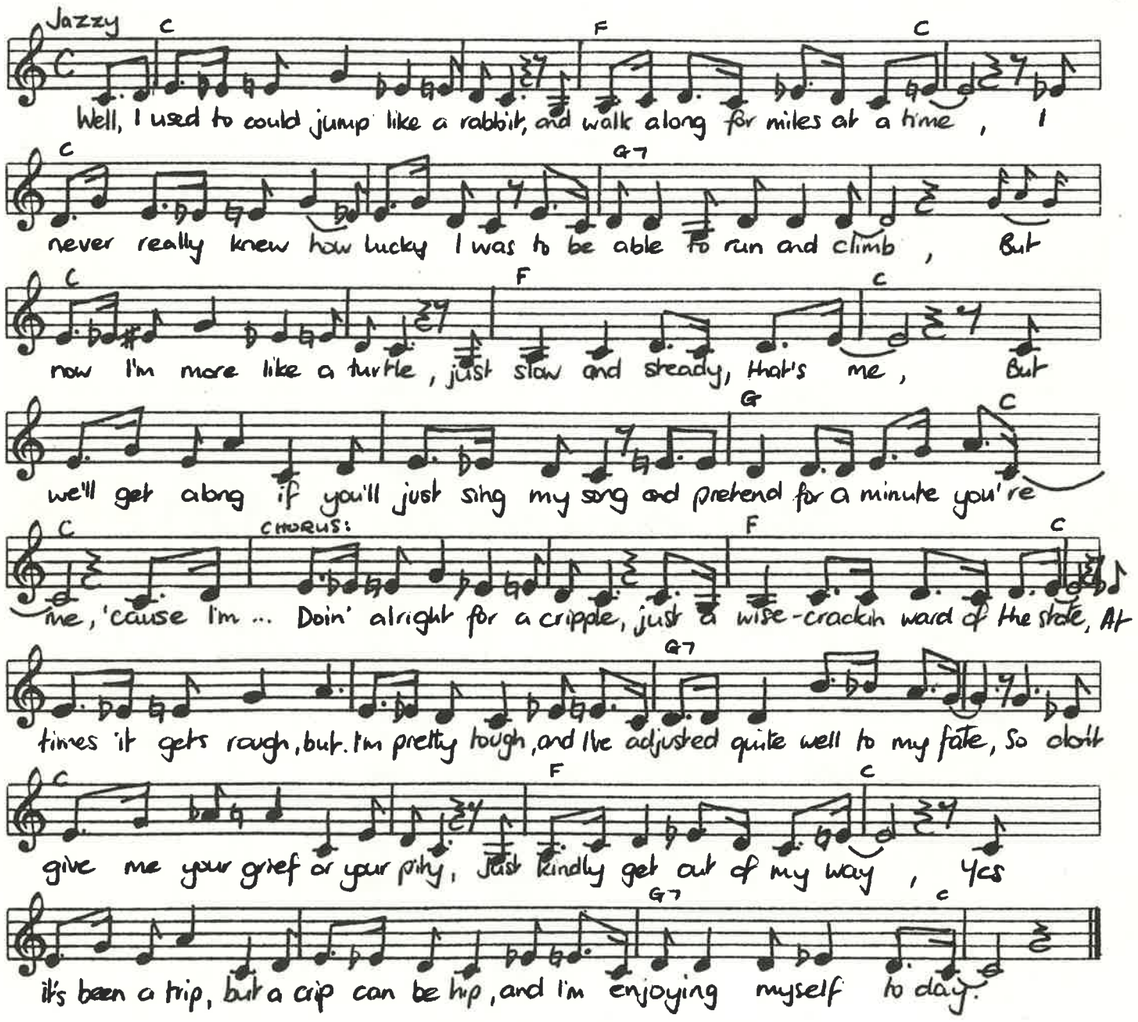
Elaine M. Kolb
January, 1978

CHORUS

3. NOW, EVERY DAY MORE CHILDREN ARE BORN
WHO NEED SPECIAL HELP IN SCHOOL
TOO MANY DON'T GET IT AND SUFFER NEGLECT
FOR LIFE, THEN, THEY ARE BRANDED A FOOL
NO MATTER HOW OLD OR YOUNG WE ARE
MOST OF US STILL CAN LEARN
AND IF YOU'VE BEEN LUCKY ALL OF YOUR LIFE
YOU NEVER KNOW, IT MAY BE YOUR TURN.

CHORUS

A CRIP CAN BE HIP


Jazzy
Well, I used to could jump like a rabbit, and walk along for miles at a time, I
never really knew how lucky I was to be able to run and climb, But
now I'm more like a turtle, just slow and steady, that's me, But
we'll get along if you'll just sing my song and pretend for a minute you're
me, 'cause I'm ... Doin' alright for a cripple, just a wise-crackin ward of the state, At
times it gets rough, but I'm pretty tough, and I've adjusted quite well to my fate, So don't
give me your grief or your pity, just kindly get out of my way, Yes
it's been a trip, but a crip can be hip, and I'm enjoying myself today.
CHORUS:

Elaine M. Kolb
June, 1978

2. WHEN I USED TO SEE HANDICAPPED PEOPLE
I FELT AWKWARD AND FUNNY INSIDE
I FOUND MYSELF FEELING SORRY FOR THEM
AND, LIKE AS NOT, MY TONGUE GOT TIED
THEN, I GOT A NEW VIEW FROM A WHEELCHAIR
AND, NOW THEY'RE ALL STARING AT ME
WHAT A LESSON I LEARNED, WHEN THE TABLES WERE TURNED
BUT I'M GLAD, 'CAUSE I FINALLY SEE...

CHORUS: ...THAT I'M DOIN' ALL RIGHT - FOR A CRIPPLE
I'M A TAXPAYING CITIZEN, TOO
AT TIMES IT GETS ROUGH, BUT, I'M PRETTY TOUGH
AND, SOMEHOW, I KEEP MAKING IT THROUGH
SO, DON'T GIVE ME YOUR GRIEF OR YOUR PITY
JUST KINDLY GET OUT OF MY WAY
YES, IT'S BEEN A TRIP, BUT, A CRIP CAN BE HIP
AND I'M ENJOYING MYSELF TODAY.

3. SO, THE NEXT TIME YOU SEE A CRIPPLE
DON'T GET ALL TEARY AND FROWN
'CAUSE JUST BECAUSE A PERSON CAN'T GET UP
IS NO REASON TO PUT 'EM DOWN
NOW, SOME OF US HOBBLE ON CRUTCHES
AND SOME CAN'T HEAR OR SEE
BUT, MAYBE YOU'LL FIND YOU'RE THE ONE WHO WAS BLIND
UNDERSTANDING CAN SET US ALL FREE.

CHORUS: SO, CONSIDER ME JUST INCONVENIENCED
UNIQUE, YET A LOT LIKE YOU
WITH BURDENS TO BEAR AND GOOD THINGS TO SHARE
AND LOTS OF THINGS I CAN STILL DO
SO, DON'T GIVE ME YOUR GRIEF OR YOUR PITY
JUST KINDLY GET OUT OF MY WAY ... (move)
YES, IT'S BEEN A TRIP, BUT, A CRIP CAN BE HIP
AND I'M ENJOYING MYSELF TODAY.

CHORUS: YES, I'M DOIN' ALL RIGHT - FOR A CRIPPLE
TRAVELLING HALF-WAY AROUND THE WORLD
YET, EVEN TODAY, I HEAR SOME PEOPLE SAY
THAT I'M DOIN' ALL RIGHT - FOR A GIRL
SO, DON'T GIVE ME YOUR OFF-THE-WALL COMMENTS
JUST KINDLY GET OUT OF MY WAY
YES, IT'S BEEN A TRIP, BUT, A CRIP CAN BE HIP
AND I'M ENJOYING MYSELF TODAY

I HOPE YOU'RE ENJOYING YOURSELF
TODAY
'CAUSE I AM ENJOYING MYSELF TODAY.

SIDE SHOW

With bounce.
C
F
Well, isn't it a pity, How some folks just ain't pretty — Now
G
C
Some are simply born that way, And nothing can be done. It
F
makes you feel un-comfortable, To see them on the street. They're
G
C
happier with their own kind — Yet some of them are sweet. So
C
G7
CHORUS: Step right up put your money down — See Louie the Limbless wonder in the
C
F
side-show. It's very educational, so bring the children too. It's
G
C
really quite amazing, Just to see what they can do

2. PUT THEM IN A SPECIAL HOME
IT ISN'T SAFE TO LET THEM ROAM
THEY SADLY AREN'T RESPONSIBLE
THEY CAN'T CARE FOR THEMSELVES
IT'S A SHAME WE HAVE TO LOCK THEM UP
THEY REALLY AREN'T TOO BRIGHT
THE GOOD ONES WILL BEHAVE THEMSELVES
AND THE BAD ONES ALWAYS FIGHT.

CHORUS: SO, COME RIGHT IN, TAKE THE TOUR AROUND
SEE CARIE THE CRIPPLED SPASTIC IN OUR PLAY ROOM
BE SURE TO BRING YOUR CHECKBOOK, IT REALLY IS WORTHWHILE
IT'S GUARANTEED TO WARM YOUR HEART, JUST TO SEE THEM SMILE.

Elaine M. Kolb
December, 1980

3. NOW, SOME OF US ARE FULL OF HOPES
THAT SOMEDAY THEY'LL STUFF ENVELOPES
OR WEAVE A PRETTY BASKET
OR SIMPLY TIE THEIR SHOES
WE KNOW THEY'LL NEVER WANDER FAR
BUT ONE THING'S VERY CLEAR
WE'LL PICK THEM UP IF THEY ESCAPE
AND WE'LL BRING THEM RIGHT BACK HERE.

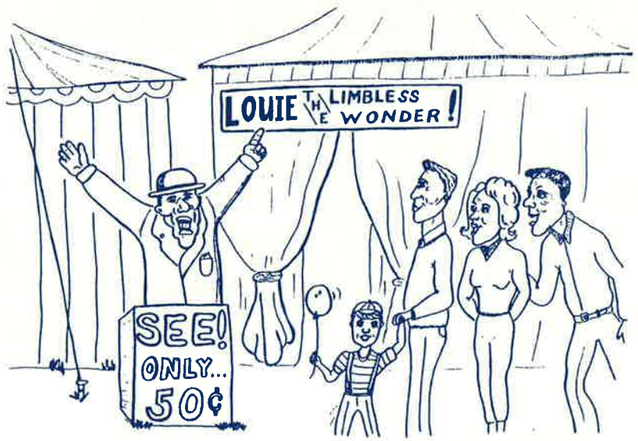
CHORUS: SO, COME RIGHT IN, TAKE A LOOK AROUND
SEE RON AND ROSIE RETARD IN THE WORK SHOP
THEY DO THE SAME THING EVERY DAY, THEY'RE HAPPY HERE YOU SEE
IT'S KIND TO HELP THE HOPELESS, WE'RE SURE THAT YOU AGREE.

4. AND, ONCE A YEAR WE'LL COME AROUND
FROM HOUSE TO HOUSE AND TOWN TO TOWN
YOU'D HAVE TO BE QUITE HEARTLESS
NOT TO PITY THESE POOR KIDS
THE STARS ARE ON THE TELETHON
THEY CRY ON CUE EACH YEAR
YOUR PLEDGE CAN PUT US OVER THE TOP
SO WIPE AWAY THAT TEAR.

CHORUS: PLEASE CALL US UP, PLEDGE YOUR MONEY NOW
AND YOU CAN WATCH US ON THE T.V. IN YOUR HOME
REMEMBER US AT TAX TIME, REMEMBER WHAT WE DO
WE NEED YOUR DOUGH TO HELP OUR KIDS, BUT THE TELETHON'S FOR YOU.

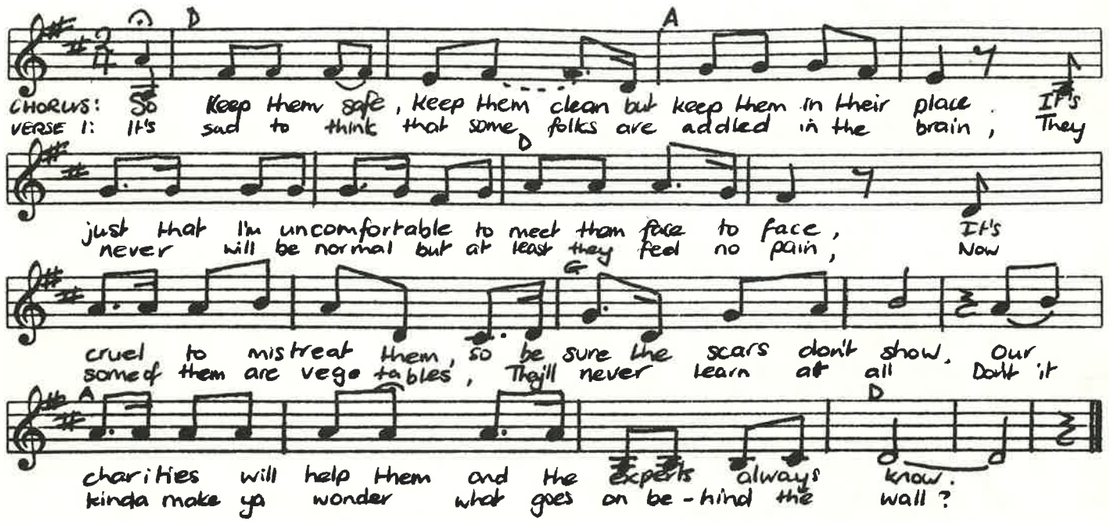
(Slowly)
FINAL CHORUS:

WHEN YOU GET OLD, YOU'LL NEED A PLACE TO STAY
JUST LIKE SADIE THE SENILE SPINSTER, OFF HER ROCKER
WE KNOW SHE'LL NEVER VENTURE FAR, BUT SHE'LL BE LEAVING SOON
THE PLACE IS VERY CLEAN AND NICE - AND WE'RE SAVING YOU A ROOM.



by: Mark Robinson.

KEEP THEM


CHORUS: So Keep them safe, keep them clean but keep them in their place. It's They
VERSE 1: It's sad to think that some folks are addled in the brain,
just that I'm uncomfortable to meet them face to face,
never will be normal but at least they feel no pain,
It's Now
cruel to mistreat them, so be sure the scars don't show. Our
some of them are vege-tables, They'll never learn at all Don't it
charities will help them and the experts always know.
kinda make ya wonder what goes on be-hind the wall?

CHORUS

2. NOW, SOME OF THEM CAN GET AROUND
YOU SEE THEM ON THE STREET
AND I'M ALWAYS KINDA LEERY
OF THOSE ODDBALLS THAT I MEET
YOU DON'T KNOW WHEN THEY'LL PITCH A FIT
OR SIMPLY GO BERSERK
THEY SOUND AND LOOK AND ACT SO STRANGE ---
AND I FEEL LIKE A JERK.

CHORUS

3. AND SOME ARE SO DAMNED UGLY
THAT I JUST CAN'T HELP BUT STARE
ESPECIALLY WHEN THEY'RE OUT IN GROUPS
WITH SUPERVISORS THERE
I'M GLAD THEY WATCH THEM DAY AND NIGHT
CONDUCTING THOSE BED CHECKS
'CAUSE IT KINDA TURNS MY STOMACH ---
JUST TO THINK THEY MIGHT HAVE SEX!

CHORUS

DIGNITY AND PRIDE

1. We're no longer grateful for the scraps that you have thrown us,
We're no longer begging you, holding out a cup
We're no longer satisfied inside your institutions To-
CHORUS:
gether we are moving, moving out and moving up Yes, we're
moving and we're caring and we're sharing and we're growing We
find our strength together and we find it deep inside. Why
can't you simply understand that everyone is special, And
life is not worth living without dignity and pride.

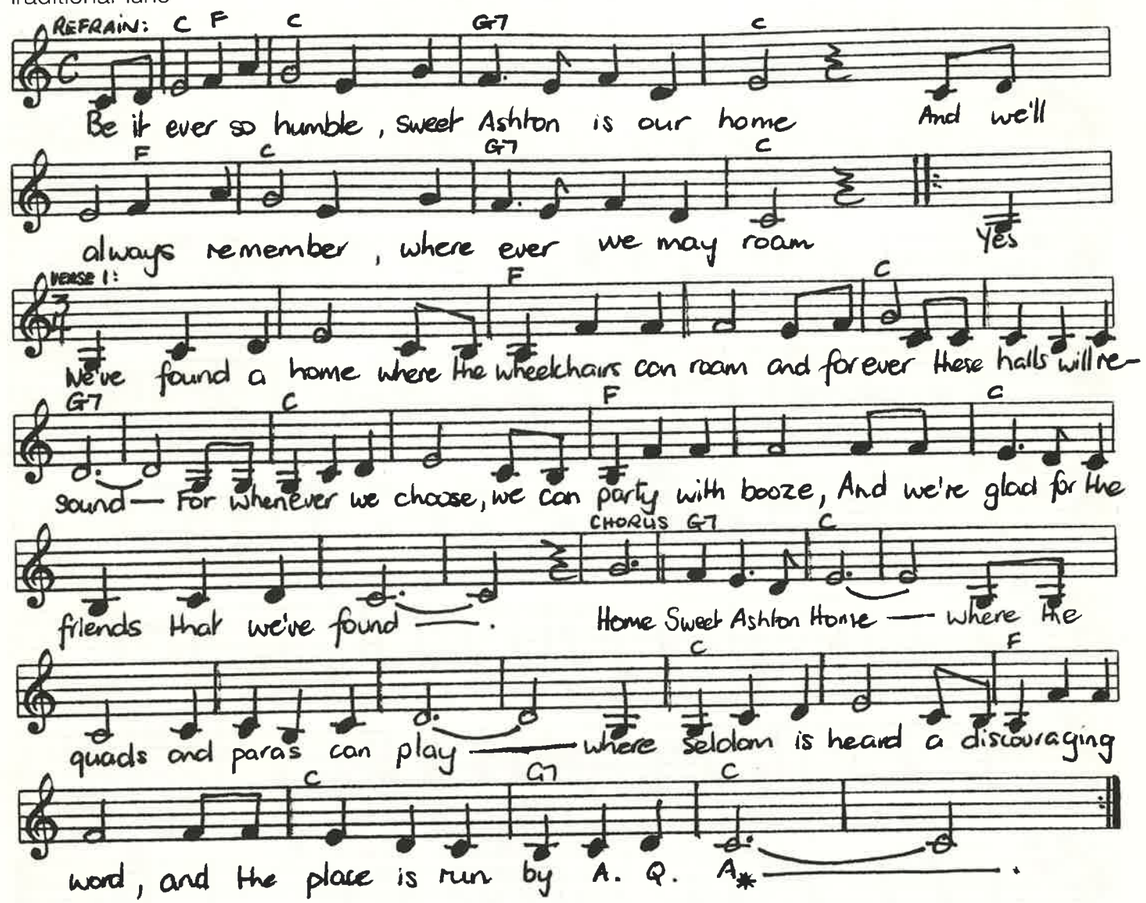
2. IT USED TO BE THE POLICY TO LET US DIE OR KILL US
THEN IT BECAME SOMEHOW HUMANE TO LOCK AS ALL AWAY
TIMES HAVE CHANGED AND WE HAVE CHANGED AND NOW WE WON'T ACCEPT IT
OUR LIVES ARE JUST TOO PRECIOUS - AND WE'RE HERE TO STAY.

CHORUS

3. NOW SOME OF YOU THINK SOME OF US REALLY AREN'T QUITE HUMAN
THAT'S HOW YOU TRY TO JUSTIFY THE CRUEL THINGS YOU DO
THERE'S NO WAY YOU CAN STOP US - WE WILL LOVE OUR WAY TO FREEDOM
IT'S A LIFE-LONG LIVING STRUGGLE, AND SOMEHOW WE'LL MAKE IT THROUGH.

HOME SWEET ASHTON

Traditional Tune


REFRAIN: C F C G7 C
Be it ever so humble, sweet Ashton is our home And we'll
F C G7 C
always remember, where ever we may roam Yes
VERSE 1: F C
We've found a home where the wheelchairs can roam and forever these halls will re-
G7 C F C
sound— For whenever we choose, we can party with booze, And we're glad for the
CHORUS G7 C
friends that we've found —. Home Sweet Ashton Home — where the
C F
quads and paras can play — where seldom is heard a discouraging
C G7 C
word, and the place is run by A. Q. A*.

2. WE STILL NEED A BUS THAT'S DESIGNED FOR US
   BUT WE HAVE ONE THAT GETS US AROUND
   YES, IT HAS GOOD BRAKES, AND IT RATTLES AND SHAKES
   US ALL OVER OLD SYDNEY TOWN.

Elaine M. Kolb
January, 1981

3. THE STAFF THAT WE HIRE - AND, OCCASIONALLY, FIRE
   MOST OFTEN ACT MORE LIKE A FRIEND
   THE PROFESSIONAL ROLE IS NOT THE MAIN GOAL
   AND THE RULES THAT WE MAKE SOMETIMES BEND.

4. WE'RE CROWDED, IT'S TRUE - BUT WHAT CAN YA DO
   WHEN THE GOVERNMENT LAYS DOWN THE LAWS
   WE WORK AND HAVE FUN, JUST OBSERVE WHAT WE'VE DONE
   WE ARE HUMAN - AND, YES, WE HAVE FLAWS.

5. HERE'S HOW IT CAN BE THAT WE'RE "WHEELING FREE" **
   AT THE RADIO STATION EACH WEEK
   WITH OTHERS LIKE US, WE ARE LEARNING TO TRUST
   AND WE'RE BUILDING THE UNION WE SEEK.

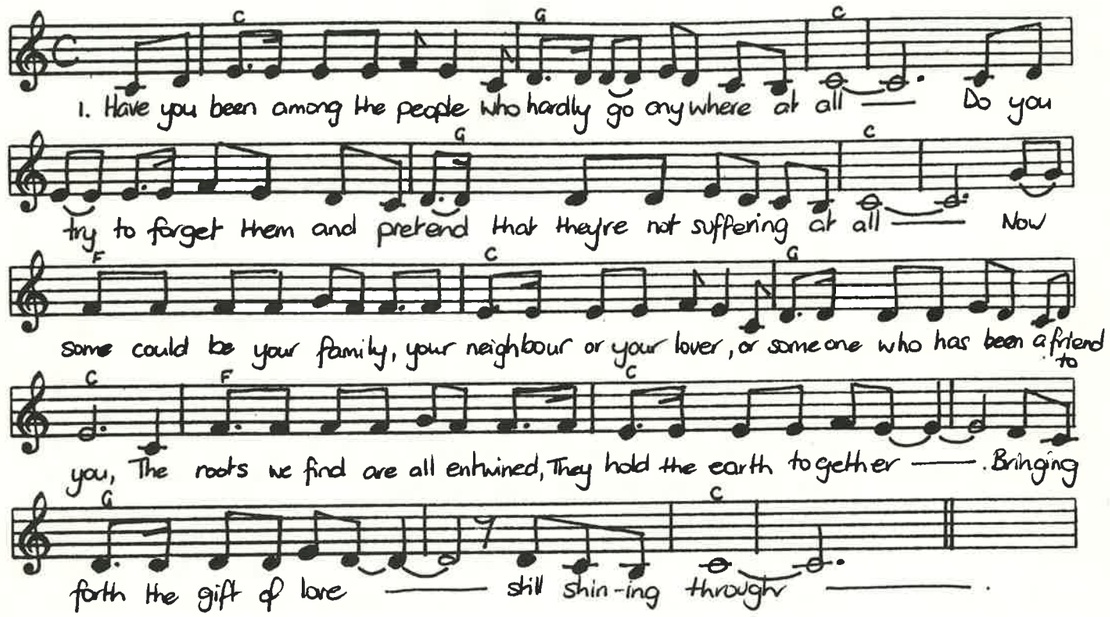
6. OUR WORKSHOP AND HOME HAVE DEFINITELY SHOWN
   THAT WE STILL HAVE A LOT WE CAN GIVE
   OUR HEARTS FILL WITH PRIDE, FOR IT CAN'T BE DENIED
   THAT WE'RE BUILDING A NEW WAY TO LIVE.

(Repeat VERSE 1 and CHORUS and finish with REFRAIN).

* Australian Quadraplegic Association

** On 2SER-FM

ROLLING FREEDOM RIDERS


1. Have you been among the people who hardly go anywhere at all — Do you
try to forget them and pretend that they're not suffering at all — Now
some could be your family, your neighbour or your lover, or someone who has been a friend to
you, The roots we find are all entwined, They hold the earth together — . Bringing
forth the gift of love — still shin-ing through —

2. DO YOU GO TO SEE THE PEOPLE
THEY PUT AWAY FOREVER, OR A YEAR
OR, THE ONE WHO COULDN'T TAKE IT
WHO JUST CRACKED UP ON PILLS AND FEAR
IF THEY PUT YOU IN THE HOSPITAL
THEN, WHO WOULD COME TO VISIT
TO SEE THAT YOU RECEIVED THE PROPER CARE
AND WHO WOULD COME TO TAKE YOU HOME
TO GIVE YOU LOVE AND HONOR
AND TOUCH YOU WITH THE TENDERNESS YOU STILL SHARE.

3. PRECIOUS LIFE THAT WE'VE BEEN GIVEN
IS LIMITED BY ENERGY AND TIME
THE ROAD IS HARD AND ROCKY
WITH MANY MORE MOUNTAIN PEAKS TO CLIMB
THERE CANNOT BE A GUARANTEE
THAT YOU'LL BE STRONG FOREVER
REMEMBER AS YOU'RE SPEEDING IN YOUR CAR
A BLINDING FLASH - YOU HIT THE DASH
YOUR LIFE IS CHANGED FOREVER
YOU'LL WAKE UP AND YOU'LL WONDER JUST WHO AND WHERE YOU ARE.

D O N ' T D E S P A I R

Elaine M. Kolb
March, 1979

(lively)

4. FOR THE ROLLING FREEDOM RIDERS
ARE ROLLING ON TO FREEDOM IN THIS LAND
NOW, SOME CHAIRS ARE PUSHED BY MOTORS
AND SOME BY THE STRENGTH OF ARMS AND HANDS
AND WE'RE TIRED OF BEING PITIED
OVERLOOKED AND JUST FORGOTTEN
IN THE PROGRAMS AND THE BUILDINGS THAT ARE PLANNED
AND WE'LL PROVE, ONCE AND FOR ALL
THAT ALTHOUGH WE MAY BE SITTING
WE HAVE RIGHTS AND WE'LL FIRMLY TAKE A STAND.

5. SO, LET'S MAKE THE WAY WELL LIGHTED
ALL THE SIGNS IN BRAILLE AND LETTERS ON THE WALL
AND IN THE CASE OF DANGER
FLASHING LIGHTS AND LOUD ALARMS SHOULD WARN US ALL
LET'S PROVIDE COMMUNICATION
IN THE WAYS EACH CAN INTERPRET
SO EVERYONE WILL KNOW WHAT'S GOING ON
AND WHEN WE WANT TO WORK OR PLAY
A CLEAR WAY MUST BE OPEN
WE'LL NOT REST UNTIL OUR FREEDOM HAS BEEN WON.

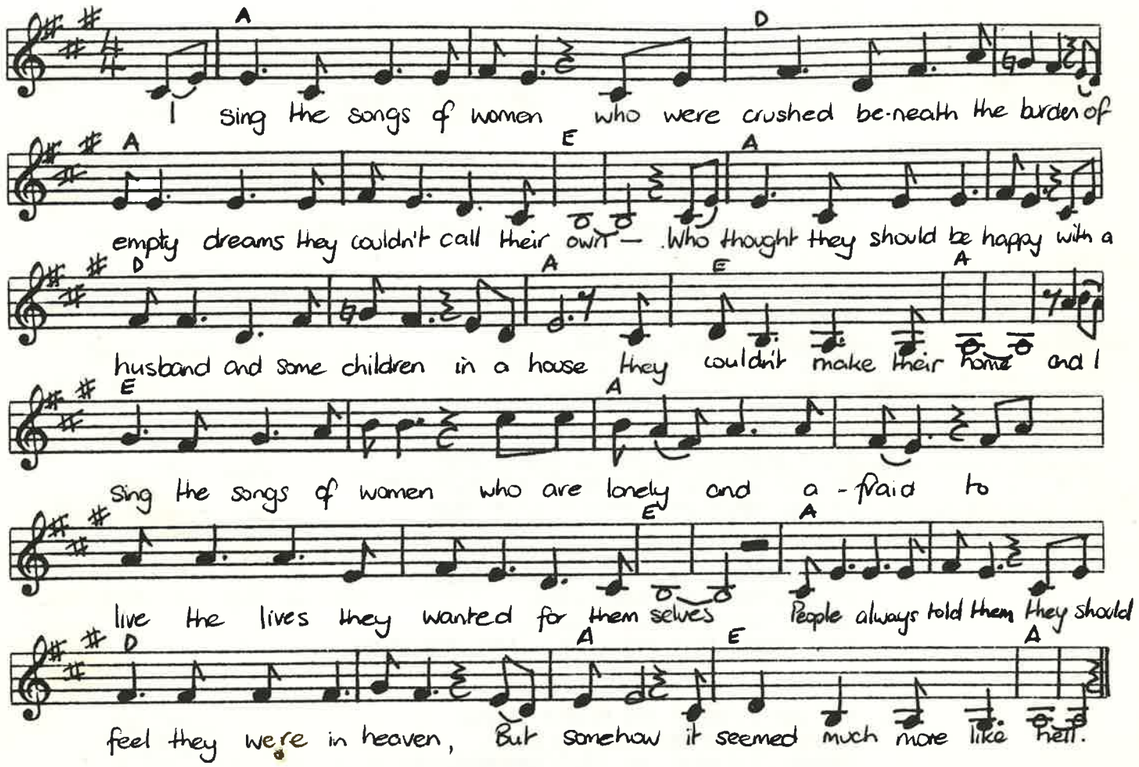
6. EVERY CURB SHOULD HAVE A CURB CUT
EVERY BARRIER AND BAR BE BROKEN DOWN
SO, LET'S BUILD THOSE RAMPS AND ELEVATORS
IN ALL PUBLIC BUILDINGS IN EACH TOWN
AND EVERYONE SHOULD HAVE A PLACE
THAT'S COMFORTABLE TO LIVE IN
AND TRANSPORTATION JUST TO GET AROUND
TO MAKE THE WORLD ACCESSIBLE
FOR US SHOULD NOT BE "SPECIAL"
IT'S SIMPLY FAIR AND EQUAL - SAFE AND SOUND.

7. NOW DON'T FORGET THE MIGHTY LEGION
OF REGISTERED CRUTCHES AND CANES
THOUGH IT'S HARD, WE STILL CAN MAKE IT
WE'RE ENCOURAGED BY THE RIGHTS THAT WE HAVE GAINED
AND WITH THE ROLLING FREEDOM RIDERS
WE'RE UNITED IN OUR PURPOSE
WE'LL HELP EACH OTHER ALL ALONG THE WAY
IF YOU RECOGNISE THE JUSTICE
IN THE THINGS THAT WE'RE DEMANDING
WON'T YOU LEND A HAND AND JOIN US NOW TODAY?

- Mark Robinson

FORGOTTEN WOMEN

Elaine M. Kolb
1972


I sing the songs of women who were crushed be-neath the burden of
empty dreams they couldn't call their own — Who thought they should be happy with a
husband and some children in a house they couldn't make their home and I
sing the songs of women who are lonely and a - fraid to
live the lives they wanted for them selves People always told them they should
feel they were in heaven, But somehow it seemed much more like hell.

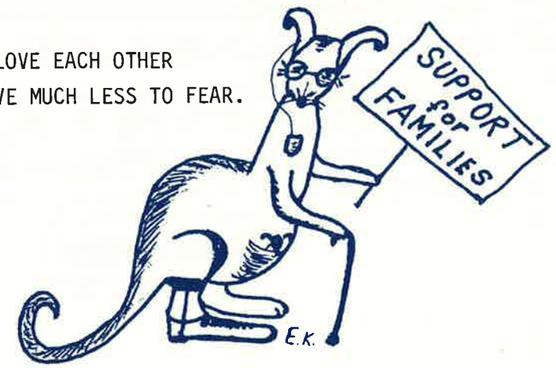
2. I SING THE SONGS OF WOMEN WHO ARE SITTING ON A BAR STOOL
   WHO ONLY LIVE TO BUY ANOTHER ROUND
   WHO ARE DROWNING IN ALL THE SORROWS OF EMPTY GRAY TOMORROWS
   WHOSE LIVES ARE LOST 'CAUSE LOVE WAS NEVER FOUND
   I SING THE SONGS OF WOMEN WHO ARE JUNKIES IN THE NIGHT
   WHO SELL THEIR BODIES FOR ANOTHER FIX
   THEY TRIED TO LIVE THE HIGH LIFE AND FOUND THEY HAD TO BUY LIFE
   AND THEY SHOOT UP JUST TO KEEP FROM GETTING SICK.

3. I SING THE SONGS OF WOMEN WHO ARE QUIETLY FORGOTTEN
   WHEN THEY LOCK THE DOOR THEY THROW AWAY THE KEY
   THE DOCTORS CALL THEM HOPELESS AS THEY DRUG THEM INTO SILENCE
   'CAUSE PAIN AND FEAR IS THEIR REALITY
   I SING THE SONGS OF WOMEN IN A LONELY PRISON CELL
   WHO WONDER IF THEY'LL EVER GET PAROLED
   PEOPLE JUST DON'T SEE THEM AS THEY SIT THERE IN THE DARKNESS
   OF SOLITARY SLOWLY (OH, SO SLOWLY) GROWING OLD.

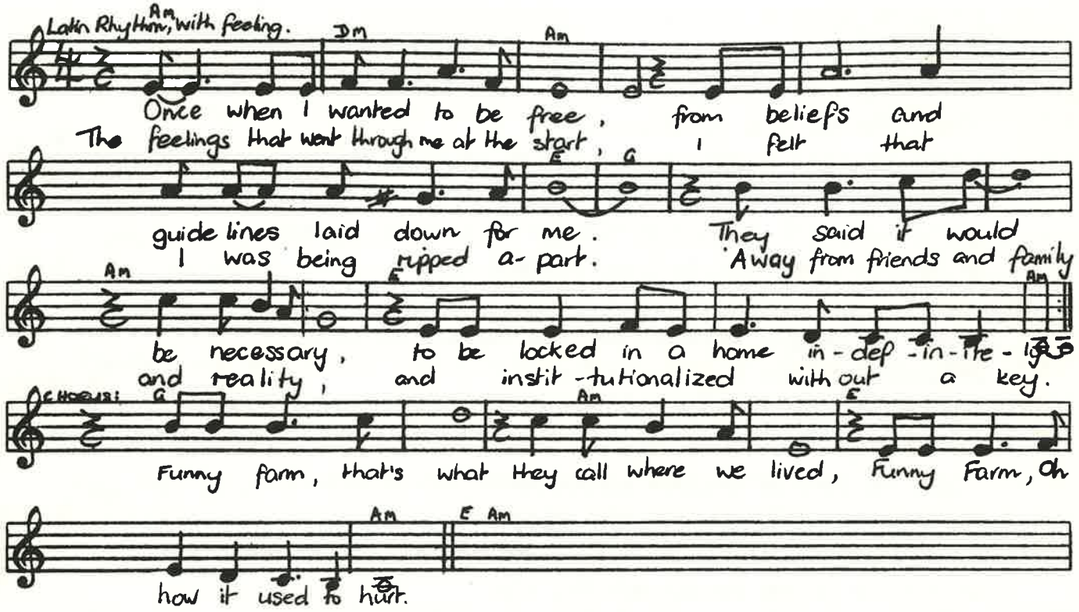
4. I SING THE SONGS OF WOMEN WHO ARE POOR AND GRAY AND WRINKLED
   WHO WILL NEVER HAVE A VISITOR AGAIN
   THE FAMILIES HAVE FORGOTTEN THE LOVING CARE THEY'VE GIVEN
   SO, THEY'LL ROCK THERE WAITING ONLY FOR THE END
   I SING THE SONGS OF CHILDREN WHO ARE HUNGRY AND IN PAIN
   THEIR PEOPLE CANNOT GET THEM WHAT THEY NEED
   FOR IN A WORLD OF MONEY LIFE IS SOLD THERE IN THE MARKET
   AND A CHILD IS JUST ANOTHER MOUTH TO FEED.

5. I SING THE SONGS OF PEOPLE WHO HAVE NEVER SUNG THEIR OWN SONGS
   WHO HAVE NEVER KNOWN A LOVE LIKE YOU OR ME
   WHO HAVE NEVER KNOWN THE JOY OF SHARING LIFE TOGETHER
   AND STRUGGLING SO PEOPLE CAN BE FREE
   I SING THE SONGS OF WOMEN BECAUSE I AM A WOMAN TOO
   AND WE HAVE BEEN FORGOTTEN ALL THESE YEARS
   ALONE WE SING A SAD SONG - BUT TOGETHER THERE'S A GLAD SONG
   THE TOUCH OF LOVE CAN WIPE AWAY OUR TEARS.

WHEN WE LOVE OURSELVES - WHEN WE LOVE EACH OTHER
WHEN WE LOVE OURSELVES - WE'LL HAVE MUCH LESS TO FEAR.



FUNNY FARM

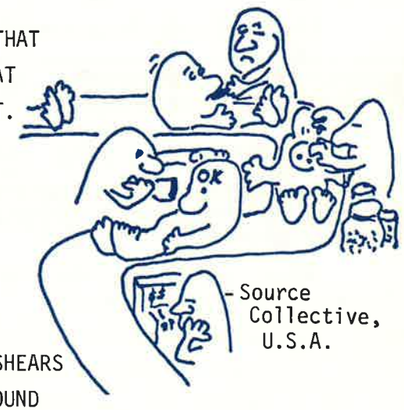

Latin Rhythm, with feeling.
Am
Dm
Am
Once when I wanted to be free, from beliefs and
The feelings that went through me at the start, I felt that
E
G
guide lines laid down for me. They said it would
I was being ripped a-part. Away from friends and family
Am
E
Am
be necessary, to be locked in a home in-def-in-ite-ly
and reality, and instit-tutionalized with out a key.
CHORUS:
G
Am
E
Funny farm, that's what they call where we lived, Funny Farm, Oh
Am
E Am
how it used to hurt.

- Mark Robinson

Lee Clayton
1981

3. OH SURE, I DID SOME CRAZY THINGS
LIKE CHOPPING MY WRISTS, AND TAKING A WHOLE LOT OF PILLS
BUT THOSE OLD PILLS, WELL, THEY WERE GIVEN TO ME
TO HELP ME COPE WITH SOCIETY.

4. IT MAKES ME MAD TO THINK SOME BUREAUCRATS
AND PROFESSIONALS CAN STAND UP AND HAND ME THAT
WHAT HURTS THE MOST, IS FEELING WHERE IT'S AT
WHEN OTHERS LIKE ME ARE DOPED UP TO THE HILT.



- Source Collective, U.S.A.

CHORUS:

5. SOME OF US SURVIVED THE LOCKED UP YEARS
OF PILLS AND ELECTRIC SHOCKS AND SURGEON'S SHEARS
BUT SOME, MY FREINDS, WILL NEVER KNOW THE SOUND
OF BIRDS CHIRPING, AND PEOPLE WALKING AROUND.

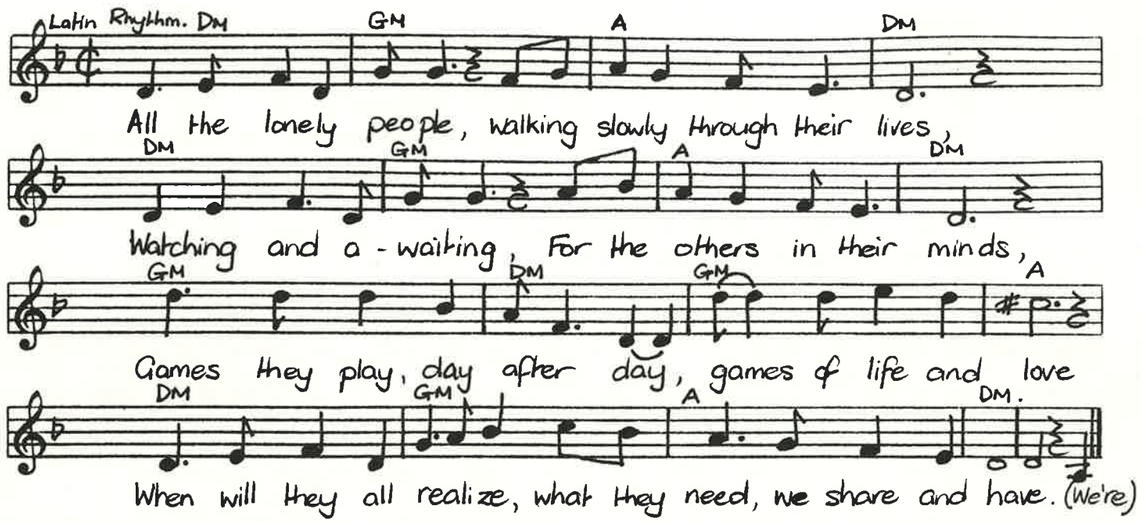
6. SOME, YOU SEE, THEY KNOW NO OTHER WAY
OF GETTING OUT OF THE RUT, AND THEY'RE THERE TODAY
BUT, YOU KNOW, SOCIETY DOESN'T HELP A BIT
THEY LOOK AT THE PEOPLE AND THEY SAY, "OH SHIT!"
(spoken)

CHORUS:

7. SO HOW CAN THEY EVER LEARN TO GROW
WITH NO ONE THEY CAN TRUST, AND NOWHERE ELSE TO GO?
THE COMMUNITY MUST BE MADE AWARE
SO OPEN UP, AND DON'T JUST STAND AND STARE.

CHORUS:

WE ARE FIGHTERS TOO



2. NOT CRIPPLED WE'RE DISABLED
   WE ARE BLIND, WITH M.S. TOO
   PRISONERS AND PSYCH INMATES,
   WE ARE AWARE, ARE YOU?
   YOU DON'T BELIEVE THAT WE ARE STRONG
   YES, STRONGER THAN EVEN YOU
   CAN YOU BELIEVE THAT WE CAN FEEL
   AND HOPE WITH OUR LIVES TOO?

3. WHY DO PEOPLE SHOUT AT US
   AS IF WE CANNOT HEAR
   WE'RE HUMAN BEINGS ON THIS EARTH
   BUT THEY DON'T SEEM TO CARE
   YES, THERE ARE SOME THAT CANNOT HEAR
   BUT HEY, WE'RE NOT SO DUMB
   COMMUNICATE AND TAKE SOME TIME
   TO LEARN WHAT WE HAVE DONE.

Lee Clayton
1981

4. THEY STARE AT US IN WHEELCHAIRS
   AS WE ROLL ON BY
   AND WHISPER TO THEMSELVES, "OH DEAR,
   POOR THINGS, I WONDER WHY?"
   IF ONLY YOU WOULD LET US SHOW
   THAT WE CAN WORK IT OUT
   INSTEAD YOU WALK TEN FEET AWAY
   UNTIL WE NEED TO SHOUT.

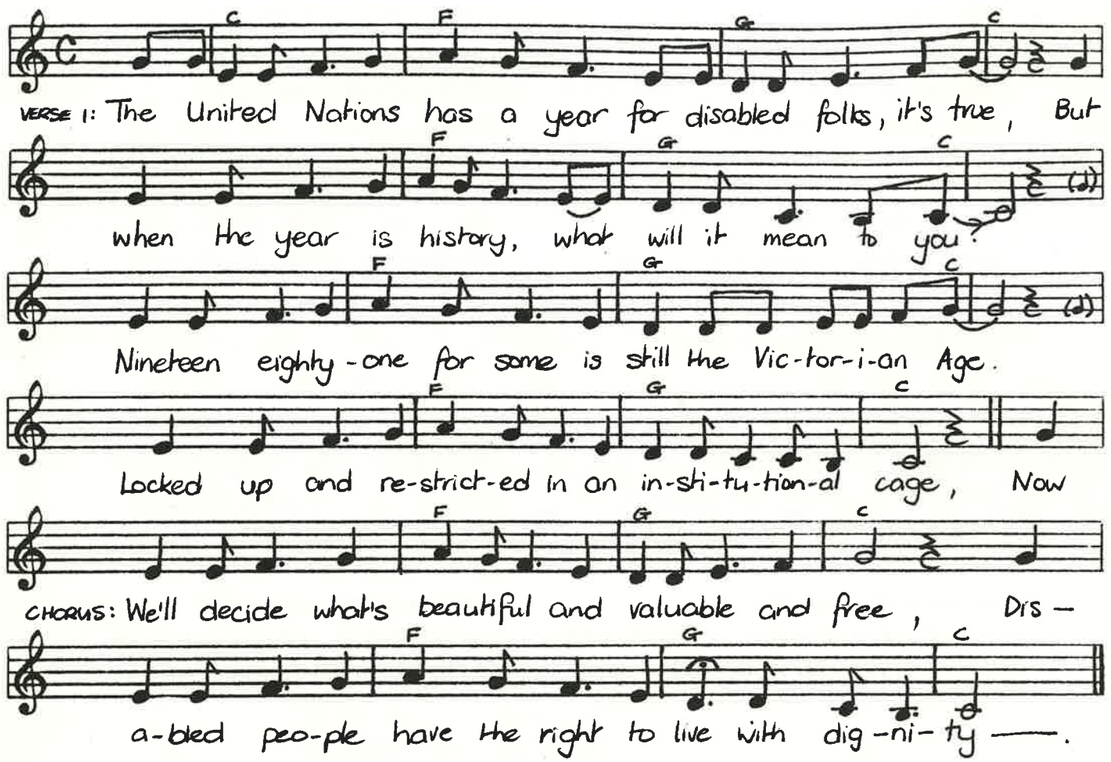
5. FOR WE CAN RISE ABOVE OUR PAIN
   AND LIVE BEYOND THE STARS
   ACCEPTING OUR DISABILITIES
   FOR THAT'S ALL, IN FACT, THEY ARE
   FOR YOU SEE SISTERS AND BROTHERS
   THIS WORLD IS SUPPOSED TO BE FREE
   AND THERE'S PLENTY OF ROOM LEFT IN IT
   FOR OTHERS LIKE YOU AND ME.

6. IF WE SHARE A LITTLE KINDNESS
   AND SHARE A LITTLE THOUGHT
   FOR THOSE WHO AREN'T AS STRONG AS US
   EVEN THOUGH THEY TALK AND WALK
   FOR IN THIS LIFE, WE DO OUR BEST
   AND MAKE IT AS WE ARE
   WE DON'T MESS AROUND WITH INWARD DOUBTS
   BUT LOOK OUT, AND LEARN AFAR.

7. SO WHEN WE TALK, YOU LISTEN
   AND WHEN WE SING OUR SONGS
   JUST LET YOUR FEELINGS TAKE YOU
   AND YOU WILL SING ALONG
   EQUALITY AND CONSCIOUSNESS
   OVERCOMES WHAT WENT BEFORE
   ACCEPT FROM US, AND BELIEVE IN US
   AND YOU WILL UNLOCK THE DOOR.

The Exhibition
- Mark Robinson

NOW WE'LL DECIDE


VERSE 1: The United Nations has a year for disabled folks, it's true, But
when the year is history, what will it mean to you?
Nineteen eighty-one for some is still the Vic-tor-i-an Age.
Locked up and re-strict-ed in an in-sti-tu-tion-al cage, Now
CHORUS: We'll decide what's beautiful and valuable and free, Dis-
a-bled peo-ple have the right to live with dig-ni-ty —.

2. THE EXPERTS AND PROFESSIONALS HAVE BEEN IN THE FIELD FOR YEARS
   AND THEY WILL PUSH FOR MODERATE CHANGE WHEN THE BUDGET CLIMATE CLEARS
   THEY TELL US TO BE REASONABLE, AND PROGRESS WILL BE SLOW
   BUT HOW LONG MUST WE WAIT IN HELL? THAT'S WHAT WE'D LIKE TO KNOW.

3. THE GOVERNMENTS AND AGENCIES MAKE MONEY FROM OUR PAIN
   FROM ALL THAT WE ARE LOSING, WE KNOW SOME OF THEM WILL GAIN
   THEY ALL HAVE LOTS OF CONFERENCES, SOMETIMES THEY LET US IN
   THEIR TOKENISM IS A GAME, BUT WE WILL FIGHT AND WIN.

Elaine M. Kolb
August, 1981

4. THE PUBLIC SEEMS INDIFFERENT, AND STILL THEY GAWK AND STARE
   BUT WE DON'T BEG FOR CHARITY, WE DEMAND OUR OWN FAIR SHARE
   NOW, SOME ARE SIMPLY IGNORANT, AND SOME ARE DOWNRIGHT CRUEL
   BUT WE STILL KEEP ON TRYING, UNTIL JUSTICE IS THE RULE.

5. DISABLED FOLKS ARE ANGRY NOW, WE'VE SUFFERED FAR TOO LONG
   TOGETHER WE WILL WORK IT OUT, FOR TOGETHER WE ARE STRONG
   WE KNOW THAT LIFE'S A STRUGGLE, AND WE KNOW WHAT WE'RE ABOUT
   SO DON'T CALL US "IN-VALID", 'CAUSE WE'RE HERE AND WE'RE COMING OUT.

6. DISABLED WOMEN SUFFER MOST, WHEN BEAUTY IS DEFINED
   AS SOMETHING QUITE EXTERNAL, FROM A SPIRIT FREE AND KIND
   TOO OFTEN, WE ARE LABELLED AS AN UGLY HAG OR WITCH
   USELESS AND UNLOVABLE, A PLAIN OLD-FASHIONED BITCH.

CHORUS II: NOW, WE'LL DECIDE WHAT'S BEAUTIFUL AND VALUABLE AND FREE
DISABLED WOMEN CLAIM THE RIGHT TO LIVE IN DIGNITY.

7. DISABLED MEN DO SUFFER, FROM APPEARANCES - IT'S TRUE
   SOMETIMES THEY HAVE MORE OPTIONS, WHEN IT COMES TO WHAT TO DO
   AND OFTEN IT IS WOMEN, WHO PROVIDE THE BASIC CARE
   WHEN WOMEN LOOK AROUND FOR HELP, SO OFTEN - MEN AREN'T THERE.

CHROUS II

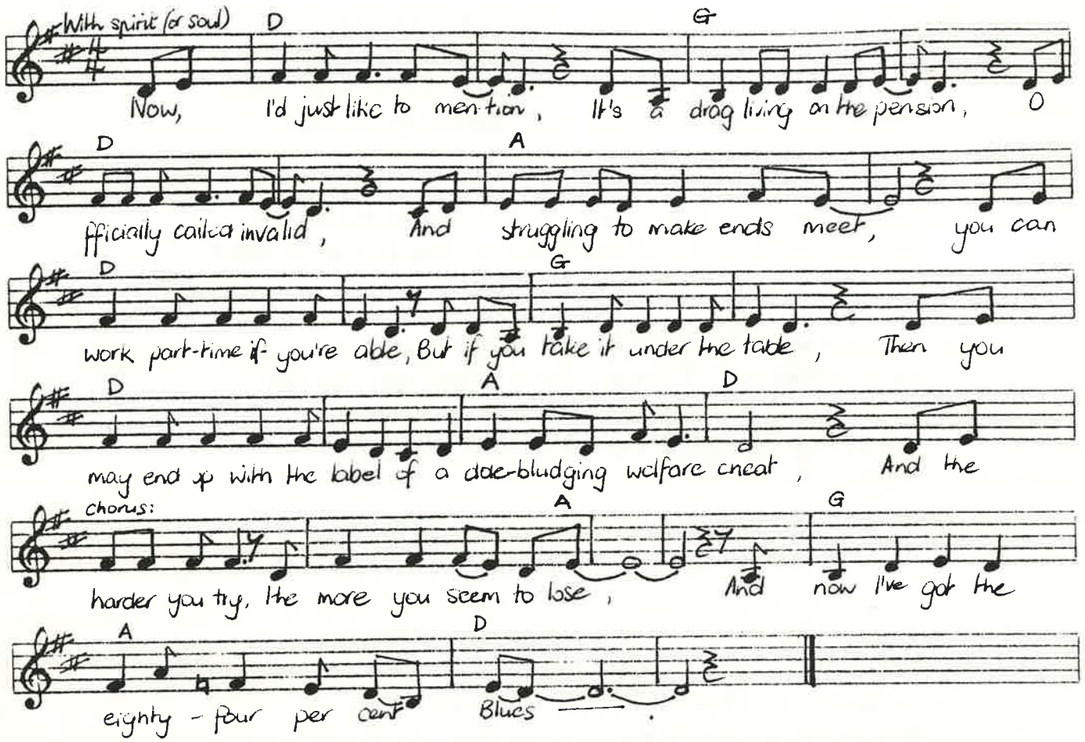
8. YET, EVERY DISADVANTAGE, HAS IT'S PROBLEMS - TAKES IT'S TOLL
   WE MUST CONSIDER EVERYONE, IF FREEDOM IS THE GOAL
   EVERY RACE AND ETHNIC GROUP, ENRICHES HUMAN KIND
   TOGETHER WE WILL SHARE, THE TRUTH AND BEAUTY THAT WE FIND.

CHORUS III: NOW, WE'LL DECIDE WHAT'S BEAUTIFUL AND VALUABLE AND FREE
THEN EVERYONE WILL HAVE THE RIGHT TO LIVE WITH DIGNITY.

9. WE'RE ASKING YOU TO JOIN US, ONLY IF YOU ARE SINCERE
   OUR FIGHT IS FOR A LIFETIME NOW, AND NOT FOR JUST ONE YEAR
   WE'RE DEMANDING HUMAN RIGHTS, AND DIGNITY FOR ALL
   SO, WILL YOU ADD YOUR STRENGTH TO OURS, AND ANSWER FREEDOM'S CALL?

CHORUS III

THE 84% BLUES


With spirit (or soul)
Now, I'd just like to mention, It's a drag living on the pension,
officially called invalid, And struggling to make ends meet, you can
work part-time if you're able, But if you take it under the table, Then you
may end up with the label of a dole-bludging welfare cheat, And the
chorus:
harder you try, the more you seem to lose, And now I've got the
eighty - four per cent Blues

2. IF YOU EARN MORE THAN 40 DOLLARS
IN A WEEK, THEN THE SYSTEM HOLLERS
CUTTING OFF - NOT JUST THE PENSION
BUT, YOUR MEDIBANK CARD AS WELL
NOW, NO MATTER HOW MUCH IT HURTS YOU
WHEN SOCIAL SECURITY DESERTS YOU
AND, NO MATTER HOW IT EXERTS YOU
YOU'LL BE OUT ON A LIMB, FOR A SPELL.

CHORUS: SO, THE HARDER YOU TRY, THE MORE YOU SEEM TO LOSE
THAT'S HOW I GOT THE 84% BLUES.

Elaine M. Kolb
August, 1981

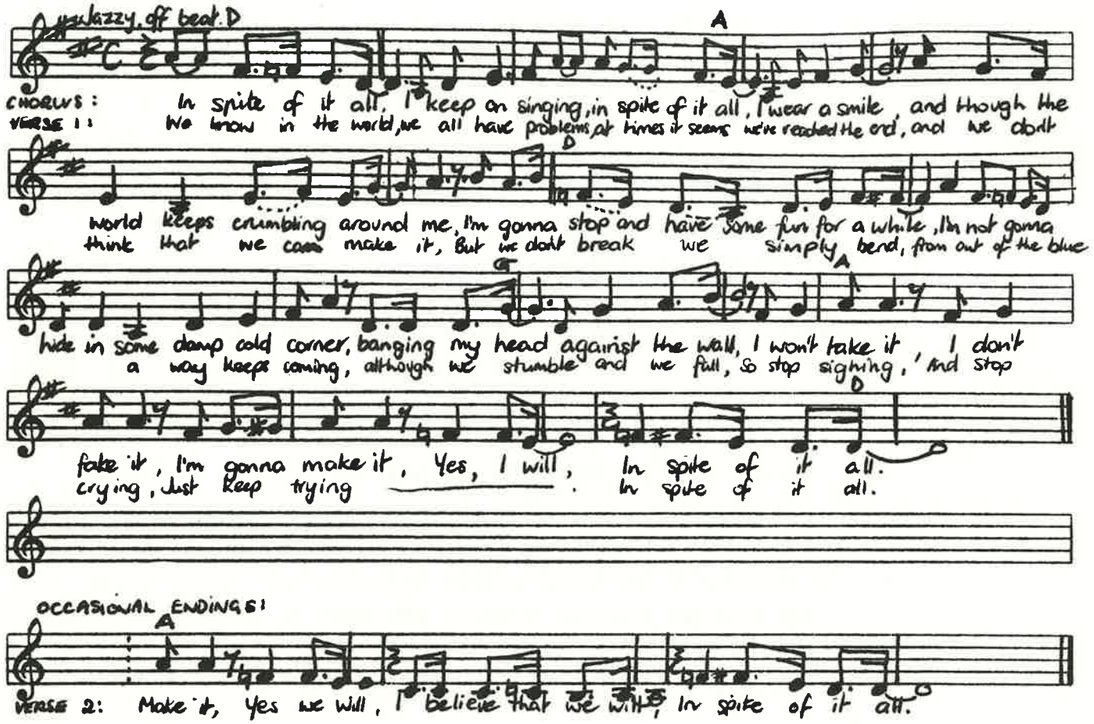
3. THEY INFORMED ME IN A LETTER
THAT I WAS ONE WHOLE PERCENTAGE BETTER
SO, I NO LONGER QUALIFIED
UNDER THE 85% TEST
WHEN YOU REALLY NEED THAT MONEY
AND THEY CUT IT OFF - IT ISN'T FUNNY
SO, I THREW THAT LETTER IN THE DUNNY
I GOT TIRED OF BEING OPPRESSED.

CHORUS: IF WE GET TOGETHER, THERE'S NO WAY WE CAN LOSE
AND WE CAN BEAT THE 84% BLUES.

4. SO, SOME OF US GOT TOGETHER
AND PUT THOSE BUREAUCRATS IN A DITHER
WE SIGNED A LOT OF PETITIONS
AND WE HELD A LOT OF MEETINGS, TOO
FIRST, YOU'VE GOT TO GET TO KNOW THEM
FOR WE'VE GOT A LOT OF THINGS TO SHOW THEM
AND, AT TIMES, WE'LL HAVE TO OVERTHROW THEM
YES, TOGETHER THERE'S A LOT WE CAN DO.

CHORUS: SO, LET'S GET TOGETHER - UNITED WE CAN'T LOSE
AND WE CAN BEAT THE 84% BLUES.

IN SPITE OF IT ALL


jazzy, off beat
A
CHORUS:
VERSE 1:
In spite of it all, I keep on singing, in spite of it all, I wear a smile, and though the
We know in the world, we all have problems, at times it seems we've reached the end, and we don't
world keeps crumbling around me, I'm gonna stop and have some fun for a while, I'm not gonna
think that we can make it, But we don't break we simply bend, from out of the blue
hide in some damp cold corner, banging my head against the wall, I won't take it, I don't
a way keeps coming, although we stumble and we fall, so stop sighing, and stop
fake it, I'm gonna make it, Yes, I will, In spite of it all.
crying, just keep trying. In spite of it all.
OCCASIONAL ENDINGS!
A
VERSE 2: Make it, Yes we will, I believe that we will, In spite of it all.

CHORUS: IN SPITE OF IT ALL - WE'RE GONNA KEEP ON SINGING
IN SPITE OF IT ALL - WE'RE GONNA WEAR A SMILE
AND THO' THE WORLD KEEPS SPINNING AROUND US
WE'RE GONNA STOP AND HAVE SOME FUN FOR A WHILE
AT TIMES WE ARE CAUGHT IN SOME DANGEROUS CORNERS
WITH OUR BACKS AGAINST THE WALL
WE WON'T TAKE IT - WE WON'T FAKE IT
WE'RE GONNA MAKE IT - YES, WE WILL - I BELIEVE THAT WE WILL
IN SPITE OF IT ALL.

2. HAVE YOU EVER WOKE UP IN AN INSTITUTION
HAVE YOU EVER BEEN LOCKED BEHIND THE BARS
HAVE YOU EVER BEEN LOST IN A STRANGE NEW CITY
WHERE YOU COULDN'T LOOK UP AND SEE THE STARS
DID YOU LOOK ALL AROUND TO FIND THE ANSWERS
WHEN YOU DIDN'T HAVE A FRIEND TO CALL
AND DID YOU FAIL - DID YOU MAKE BAIL
OR FIND A TRAIL - MUCH TO YOUR SURPRISE - RIGHT BEFORE YOUR EYES
IN SPITE OF IT ALL.

Elaine M. Kolb
April, 1980

(Break. Sing a cappella in gospel-blues style)

3. OR HAVE YOU CLIMBED TO THE TOP OF THE MOUNTAIN
AND HAVE YOU WALKED THROUGH THE VALLEY OF DEATH
AND HAVE YOUR TEARS FLOWED DOWN LIKE A RIVER
UNTIL YOU STRUGGLED JUST TO TAKE - TAKE A BREATH
THEN, DID YOU TURN YOUR FACE TOWARD HEAVEN
AND, WITH A HUMBLE HEART, DID YOU CALL
AND DO YOU PRAY - EACH AND EVERY DAY
THAT WE'LL FIND A WAY - SOMEDAY
IN SPITE---

I DON'T KNOW HOW, BUT SOMEHOW, I BELIEVE THAT WE'RE GONNA MAKE IT,
IF WE JUST HANG IN THERE AND KEEP TRYING---

IN SPITE OF---

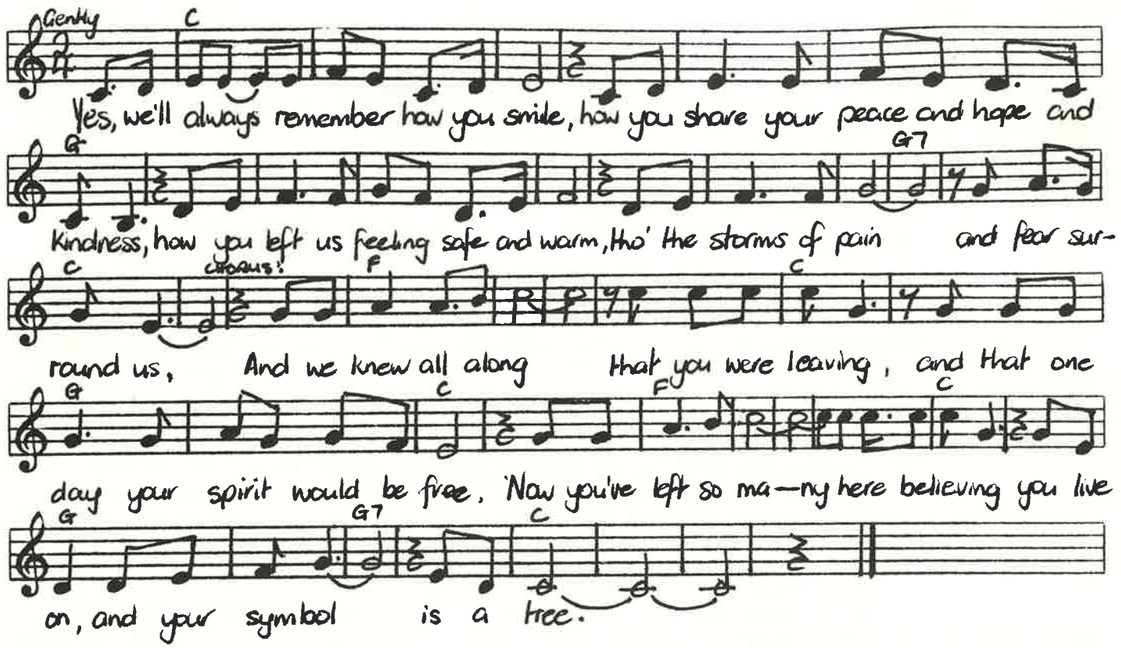
(Resume faster tempo)

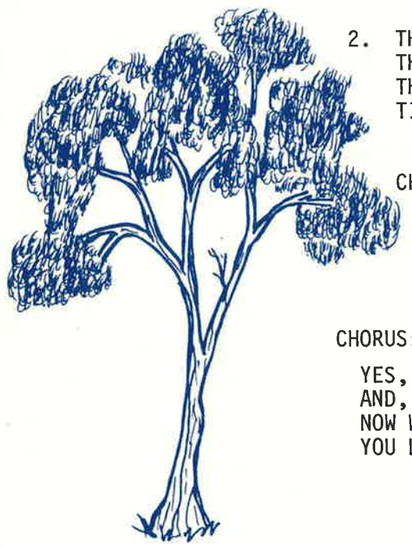
CHORUS: IN SPITE OF IT ALL - YOU'D BETTER KEEP ON SINGING
IN SPITE OF IT ALL - YOU'D BETTER WEAR A SMILE
AND THO' THE WHOLE WORLD CRASHES AROUND YOU
YOU'D BETTER STOP AND TAKE A BREAK FOR A WHILE
NOW, DON'T YOU DARE HIDE IN SOME DAMP, COLD CLOSET
BANGING YOUR HEAD AGAINST THE WALL
JUST DON'T TAKE IT - AND DON'T FAKE IT
WE'RE GONNA MAKE IT - YES, WE WILL - PLEASE BELIEVE THAT WE WILL
IN SPITE OF IT ALL.

4. IT'S TRUE THAT FOR SOME, THE WAY IS HARDER
BECAUSE THEY'VE LOST THEIR HOPES AND DREAMS
OR MAYBE THEY'RE CAUGHT IN THE WEB OF LYING
ABOUT THEIR OWN GREEDY, TRICKY SCHEMES
JUST SEARCH FOR THE ONES WHO KEEP ON GIVING
BE SURE TO ANSWER WHEN THEY CALL
AND BE FAIR - AND JUST CARE
AND TRY TO SHARE - AS MUCH AS YOU CAN - LEND A HELPING HAND
IN SPITE OF IT ALL.

CHORUS: IN SPITE OF IT ALL - WE'RE GONNA KEEP ON SINGING
IN SPITE OF IT ALL - WE'RE GONNA WEAR A SMILE
AND THO' THE WORLD KEEPS CRUMBLING AROUND US
WE'RE GONNA STOP AND TAKE A BREAK FOR A WHILE
YOU'RE NOT GONNA FIND US IN A DAMP, COLD CORNER
BANGING OUR HEADS AGAINST THE WALL
WE WON'T TAKE IT - WE DON'T FAKE IT
WE'RE GONNA MAKE IT - YES, WE WILL
IN SPITE OF IT ALL.

GWEN DIXON


Gently
C
Yes, we'll always remember how you smile, how you share your peace and hope and
G
G7
Kindness, how you left us feeling safe and warm, tho' the storms of pain and fear sur-
C
CHORUS:
F
C
round us, And we knew all along that you were leaving, and that one
G
C
F
C
day your spirit would be free. Now you've left so ma—ny here believing you live
G
G7
C
on, and your symbol is a tree.



2. THOUGH THE SEEDS OF LOVE AND LIFE ARE FRAGILE
THEY ARE STRONG ENOUGH TO CRACK THE HARDEST STONE
THEN THEY GROW AND BLOSSOM WITH THE SEASONS
TIME AND TIME AGAIN, THE SEEDS ARE SOWN.

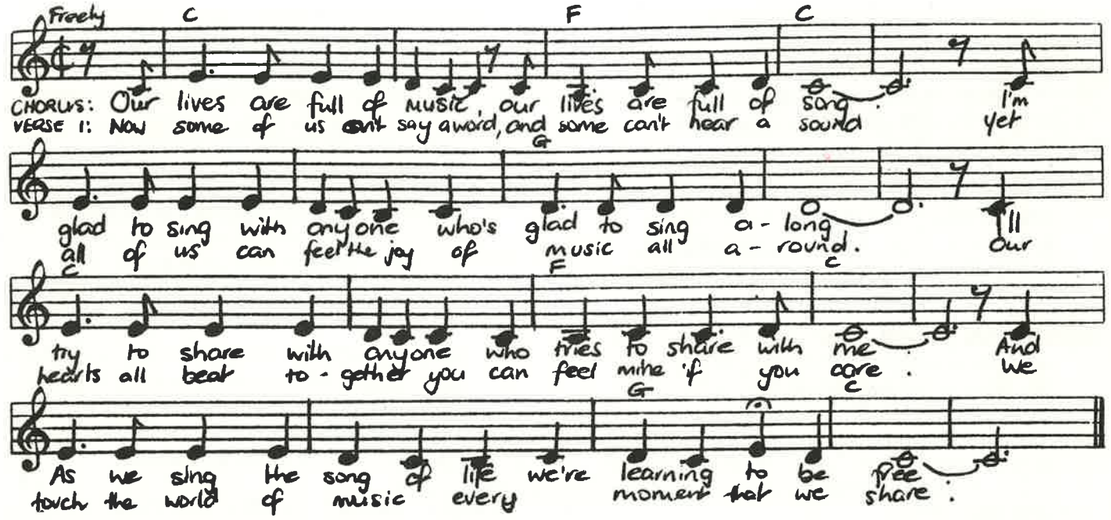
CHORUS:

AS THE YEARS GO BY, YOU'LL STILL BE WITH US
SHINING THROUGH THE COURAGE THAT YOU'VE SHOWN
NOW WE JOIN IN A JOYFUL, GROWING CHORUS
SINGING, "WELL DONE, SISTER. WELCOME HOME".

CHORUS:

YES, WE KNEW ALL ALONG THAT YOU WERE LEAVING
AND, AT LAST, YOUR SPIRIT WILL BE FREE
NOW WE'VE FOUND THE FAITH TO BE BELIEVING
YOU LIVE ON, AND YOUR SYMBOL IS A LIVING TREE.

SONG OF LIFE


Freely
C
F
C
CHORUS: Our lives are full of music, our lives are full of song. I'm
VERSE 1: Now some of us can't say a word, and some can't hear a sound yet
G
glad to sing with anyone who's glad to sing a - long
all of us can feel the joy of music all a - round. I'll
C
F
C
try to share with anyone who tries to share with me. Our
hearts all beat to - gether you can feel mine if you care. And we
G
C
As we sing the song of life we're learning to be free.
touch the world of music every moment that we share.

2. THE WORLD IS FULL OF DANCING AND KICKING UP OUR HEELS
THO SOME OF US CAN'T JUMP AROUND WE'LL SHOW YOU HOW IT FEELS
SO CLAP YOUR HANDS OR STOMP YOUR FEET OR SIMPLY LAUGH AND SMILE
OUR SOULS WILL KEEP ON DANCING MAKING MUSIC ALL THE WHILE.

3. NOW SOME OF US ARE GROWING OLD AND SOME ARE GROWING YOUNG
AND SOME OF US HAVE REACHED THE END AND SOME HAVE JUST BEGUN
SO IF YOUR SOUL IS SEARCHING THROUGH THE SORROW AND THE PAIN
TRY SHARING LOVE AND MUSIC AND YOU WILL SMILE AGAIN.

Notes and Comments

When I hear a song that really hits home, I often wonder about the story behind it. In case you are also curious, here are some insights into personal circumstances and inspirations. By the way, 9 of the 15 songs were written during the past year.

LET'S GET TOGETHER – is the first song written after I was injured. I was on an emotional yo-yo. This song helped me. Even small children can learn the chorus – so, sing along.

A CRIP CAN BE HIP – was written when I was using a wheelchair and living at the Vocational Rehabilitation Spinal Cord Residence (Unit 6), located on the grounds of a mental hospital. I was down and said to myself, "Well, I'm doing all right – for a cripple". I smiled, got over myself, and wrote this.

SIDE SHOW – is very offensive, combining negative comments and stereotypes. The inspiration came from struggles to change fund-raising techniques used by some "charitable" agencies.

DIGNITY AND PRIDE – is a call to action and a statement that we have already begun to claim our rights. Several activists wanted a positive, militant song. The shame is not on us.

KEEP THEM – is written from the point of view of a bigoted person. Most of us contribute to the oppression of at least some others, so don't feel superior without thinking deeply.

HOME SWEET ASHTON – is a welcome alternative to those terrible institutions which make individuality illegal. At Ashton, I have felt right at home – not in a "Home".

ROLLING FREEDOM RIDERS – was written while I lived at Unit 6. It was a "Home". The idea comes from a series of fantasies shared among us "inmates" about the need for a guerilla band of fighters.

FORGOTTEN WOMEN – is the oldest in the collection and one of my first songs. Childhood visits to nursing homes and mental hospitals left lasting impressions, which helped to form a continuous strand in my life. Too many are confined.

FUNNY FARM – is no joke. Lee Clayton says, "I am trying to get across the message that we are people – not machines. Even though some of us at some time may be mentally ill, we feel and hope and we demand human rights and justice".

WE ARE FIGHTERS TOO – also comes from Lee. Disabled people don't always need help – and we don't need pity. In fact, we have a lot of strength, survival skills, and abilities to contribute and share.

THE 84% BLUES – is about the Invalid Pension. Pensioners must be declared 85% disabled in order to qualify. No one seems to understand the mysterious eligibility formulas.

NOW WE'LL DECIDE – was inspired, in part, by a banner carried by disabled women during the SUPERMARCH in Melbourne. It read, "We'll decide what's beautiful!"

IN SPITE OF IT ALL and GWEN DIXON – actually go together, although that may not be obvious. Gwen Dixon was a 25 year old Black American woman who had muscular dystrophy, a fighting spirit, and a gentle soul. Both songs are a tribute to her and to all others who "keep on keeping on" – in spite of it all.

SONG OF LIFE – emerged after a friend said most of my lyrics are very heavy and asked if I could write a "tra-la-la" song. I dream of this one with piano, flute, recorder, tin whistle, strings, and many voices. Beautiful harmony is possible.

ELAINE M. KOLB

Call for Volume II

The LET'S GET TOGETHER SONGBOOK, VOLUME I, began as a vision and became a reality. We hope that this will be a catalyst and an inspiration so that others will dare to dream and to work to make those dreams come true.

Part of the proceeds from VOLUME I, will go towards the collection and publication of:

LET'S GET TOGETHER, VOLUME II.

We are looking for songs, poems, anecdotes, short stories, drawings, cartoons, etc. If you want to contribute or help, write to:

Lee Clayton & Elaine Kolb
P.O. Box 708
Blacktown, NSW 2148